

Effect of Brahma Kumaris Rajyoga Meditation on Happiness Index: A Comparative Study among Regular Meditators and Non-Meditators

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Abstract: *Happiness, as an indicator of subjective well-being, reflects emotional balance, contentment, and life satisfaction. Meditation practices have been associated with increased happiness and psychological well-being. Rajyoga Meditation, taught by the Brahma Kumaris World Spiritual University, is a distinctive, open-eyed meditation technique emphasizing soul-consciousness, connection with the Supreme, and self-transformation through elevated thoughts and satvic living. To assess the effect of regular Brahma Kumaris Rajyoga meditation on the Happiness Index a comparative cross-sectional study was conducted among 200 participants—100 regular Rajyoga meditators (practicing ≥ 2 years) and 100 non-meditators matched for age, gender, and education. The Oxford Happiness Questionnaire (OHQ) and Subjective Happiness Scale (SHS) were administered along with sociodemographic details and lifestyle factors. Statistical analyses included independent t-tests and multiple linear regression controlling for confounders (age, gender, education, physical activity, diet).*

Keywords: Rajyoga meditation, Brahma Kumaris, happiness index, well-being, positive psychology, comparative study.

1. Introduction

Happiness is a multidimensional construct encompassing emotional well-being, satisfaction with life, and a sense of meaning or fulfillment. Globally, happiness is recognized as an important indicator of societal and individual progress, beyond material measures such as GDP.

Meditation and mindfulness practices are known to influence happiness by reducing stress, enhancing emotion regulation, and promoting self-awareness. Among the various forms of meditation, Brahma Kumaris Rajyoga stands out for its soul-conscious and value-based approach. Unlike techniques focused merely on relaxation, Rajyoga emphasizes a transformative shift from body-consciousness to soul-consciousness, promoting virtues such as peace, love, and purity.

Previous research on mindfulness and meditation has demonstrated improvements in happiness and well-being; however, few empirical studies have specifically explored Rajyoga meditation—especially as a lifestyle practice combining meditation, spiritual study, and satvic living. This study aims to fill that gap.

Objectives

- 1) To compare the Happiness Index among regular Brahma Kumaris Rajyoga meditators and non-meditators.
- 2) To assess the relationship between duration/frequency of Rajyoga practice and Happiness Index.
- 3) To identify factors (demographic and lifestyle) associated with happiness among meditators.

Hypotheses

- H1: Regular Rajyoga meditators will have significantly higher Happiness Index scores than non-meditators.
H2: Longer duration and greater frequency of meditation will be positively correlated with happiness scores.

2. Materials and Methods

Study Design:

Comparative cross-sectional study.

Study Population:

Regular Rajyoga meditators (n = 100): Practicing Rajyoga meditation at a Brahma Kumaris center for at least 2 years, minimum 30 minutes daily, and following a satvic lifestyle.

Non-meditators (n = 100): Individuals with no regular meditation or spiritual practice, matched on age, gender, and education.

Inclusion Criteria:

Age 25–65 years.

Literate and capable of completing questionnaires.

Consent to participate voluntarily.

Exclusion Criteria:

Diagnosed psychiatric illness or severe chronic disease.

Practicing other forms of meditation or yoga regularly.

Sampling Technique:

Purposive sampling for meditators (from Brahma Kumaris centers). Matched community sampling for non-meditators.

Tools Used:

- 1) Oxford Happiness Questionnaire (OHQ) – measures subjective happiness, positive affect, and life satisfaction.
- 2) Subjective Happiness Scale (SHS) – brief four-item measure of global happiness.
- 3) Socio-demographic and Lifestyle Proforma – includes diet type, sleep, exercise, marital status, and years of Rajyoga practice.

Ethical Considerations:

Ethical clearance obtained from Institutional Review Board.

Informed consent obtained from all participants.

Anonymity and confidentiality maintained.

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Data Analysis:

Data entered and analyzed using SPSS (v.26).

Descriptive statistics (mean $\pm$ SD) for continuous variables; percentages for categorical.

Independent t-test for mean comparison between groups.

Pearson correlation between years/frequency of meditation and Happiness Index among meditators.

Multiple linear regression to control for confounders (age, gender, physical activity, diet).

Sample Size Justification:

Assuming a medium effect size (Cohen's $d = 0.5$) at $\alpha = 0.05$ and power = 0.80, minimum required per group = 64. To increase power and account for attrition, 100 participants per group were included.

3. Results**Table 1:** Demographic Profile of Participants

Variable	Meditators (n=100)	Non-meditators (n=100)	p-value
Mean Age (yrs)	41.2 $\pm$ 9.3	40.7 $\pm$ 8.9	0.68
Gender (M/F)	38/62	40/60	0.79
Education (graduate %)	74%	71%	0.61

Table 2: Comparison of Happiness Scores

Measure	Meditators (Mean $\pm$ SD)	Non-meditators (Mean $\pm$ SD)	t-value	p-value
OHQ Score	5.21 $\pm$ 0.72	4.12 $\pm$ 0.83	9.45	<0.001
SHS Score	5.64 $\pm$ 0.69	4.48 $\pm$ 0.78	10.12	<0.001

Table 3: Correlation between Duration of Meditation and Happiness Index (within meditators)

Variable	r	p-value
Years of practice vs. OHQ	0.45	<0.001
Frequency (sessions/week) vs. SHS	0.39	<0.001

Regression Output:

After controlling for demographic and lifestyle factors, Rajyoga meditation practice remained a significant independent predictor of Happiness Index ($\beta = 0.42$, $p < 0.001$).

4. Discussion

The present study demonstrates that regular Brahma Kumaris Rajyoga meditators exhibit significantly higher happiness levels compared to non-meditators. These findings align with research on mindfulness and positive psychology indicating that meditation fosters emotional balance and self-acceptance.

Rajyoga meditation's emphasis on soul-consciousness and remembrance of the Supreme Source may generate lasting inner peace, a key determinant of happiness. Moreover, satvic dietary habits, early morning practice (Amritvela), and positive spiritual study reinforce positive thought patterns and reduce mental agitation.

The positive correlation between duration of meditation and happiness suggests that consistent, long-term practice yields cumulative psychological benefits. The lifestyle's holistic nature—combining meditation, moral values, community service, and mental discipline—may sustain emotional stability and life satisfaction even in stressful circumstances.

Comparative Insights:

Similar outcomes have been observed in studies on mindfulness-based stress reduction and Vipassana meditators. However, Rajyoga's spiritual dimension and focus on divine connection offer a unique path to deeper joy and meaning.

Limitations:

Cross-sectional design limits causal inference.

Self-reported data may involve social desirability bias.

Matching controls cannot fully eliminate unmeasured confounders (personality traits, social support).

5. Future Directions

Conduct longitudinal or experimental studies to assess causal effects.

Include physiological markers of well-being (heart rate variability, cortisol).

Explore Rajyoga meditation interventions in workplace and educational settings

6. Conclusion

Regular practice of Brahma Kumaris Rajyoga meditation is associated with significantly higher happiness and life satisfaction.

The findings support the view that inner awareness, positive thinking, and spiritual connection cultivated through Rajyoga foster sustainable happiness.

Promoting Rajyoga meditation as part of community health and educational initiatives could enhance holistic well-being and societal harmony.

References

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Appendices*Appendix A - Demographic Data Sheet**Appendix B- Participant Information Sheet and Consent Form (sample)**Purpose, procedures, benefits, minimal risks, confidentiality, voluntary participation.***Appendix A: Demographic Data Sheet**

Please provide the following information:

- **Age:** _____
- **Gender:** ☐ Male ☐ Female ☐ Other ☐ Prefer not to say
- **Occupation:** _____
- **Education Level:**
☐ High School ☐ Bachelor's ☐ Master's ☐ Doctorate ☐ Other: _____
- **Marital Status:**
☐ Single ☐ Married ☐ Divorced ☐ Widowed
- **Do you meditate regularly?**
☐ Yes ☐ No
- **If yes, how often?**
☐ Daily ☐ 2–3 times/week ☐ Weekly ☐ Occasionally
- **Type of meditation practiced:**
- **Duration of practice (in months/years):**

Appendix B: Informed Consent Form (For Participants)**Title of the Study:** *Impact of Meditation on the Happiness Index: A Quantitative Study***Researcher:** Ms Shaila Homkar**Institution/Organization:** Brahma Kumaris**Purpose:**

The purpose of this study is to examine the relationship between regular meditation and levels of happiness using standard psychological scales.

Procedures:

Participants will be asked to complete a set of questionnaires, which will take approximately 10–15 minutes. All data will be kept confidential and used for research purposes only.

Voluntary Participation:

Participation is entirely voluntary. You may withdraw at any point without penalty.

Confidentiality:

Your responses will be anonymous. No identifying information will be shared in any publications or presentations.

Consent Statement:

By signing below, you acknowledge that you have read and understood the information above and agree to participate in the study.

Participant's Name: _____**Signature:** _____**Date:** _____